

February 2015



**Mansfield Community Center**  
*Family, Fitness & Fun!*

	SUN	MON	TUE	WED	THU	FRI	SAT
5:30am	<b>CLOSED</b>	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00am		OPEN	BOOT CAMP	WORK CIRCUIT	BOOT CAMP	WORK CIRCUIT	OPEN
7:00am		MCC PUMP	5:30-6:30A	5:30-6:30A	MCC PUMP	5:30-6:30A	(Full Gym)
7:30am		6:30 - 8:00A		OPEN (Full Gym)	6:30 - 8:30A	40+ BB	6:00 - 7:30A
8:00am	OPEN Gym	OPEN (Full Gym)	40+ BB	6:30 - 8:30A	OPEN	(Full Gym)	
8:30am	<b>MS FUTSAL</b> 8:30 - 10:00A	8:00-8:30A	(Full Gym)	KETTLE BELLS	(Full Gym)	7:15 - 9:15A	
9:00am		TRX 8:30-9:30A	7:15 - 9:15A	(1/2)8:30-9:30A	8:30 - 9:30A		
9:30am							Youth Basketball
10:00am							7:30 - 12:30P
10:30am	<b>FAMILY</b> (Full Gym) 10:00 - 2:00P	TOT	TOT	TOT	TOT	TOT	(Full Gym)
11:00am		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	
11:30am		9:30 - 12P	9:30 - 12P	9:30 - 12P	9:30 - 12P	9:30 - 12P	
12:00pm							
12:30pm		OPEN	MCC PUMP	OPEN	KETTLEBELLS	OPEN	
1:00pm		(Full Gym)	1/2(12-12:45P)	(Full Gym)	1/2(12-1P)	(Full Gym)	
1:30pm		12 - 2:30P	OPEN	12- 2:30P	OPEN	12 - 2:30P	OPEN
2:00pm			(Full Gym)		(Full Gym)		(Full Gym)
2:30pm			1:00 - 2:30P		1:00 - 2:30P		12:30-4:00P
3:00pm		HS/MS OPEN	HS/MS OPEN	HS/MS OPEN	HS/MS OPEN	HS/MS OPEN	
3:30pm		(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	(1/2 Gym)	
4:00pm	OPEN	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	2:30 - 5:00P	
4:30pm	(Full Gym)						
5:00pm	2:00 - 6:00P	OPEN	OPEN	OPEN	OPEN	OPEN	FAMILY
5:30pm		ASF(1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)	ASF(1/2 Gym)	(Full Gym)
6:00pm		5:00 - 6:00P	5:00-6:00P	5:00 - 6:30P	5:00 - 6:00P	5:00 - 6:00P	4:00 - 6:00P
6:30pm	FUTSAL	OPEN	WORK CIRCUIT	TRX 5:30 - 6:30P	OPEN		OPEN
7:00pm	(SOCCER)	(Full Gym)	(1/2 Gym)	KICKBOXING	(Full Gym)		(Full Gym)
7:30pm	(Full Gym)	6:00 - 7:30P	6:00 - 7:30P	6:30 - 7:30P	6:00 - 7:30P	OPEN	6:00 - 7:55P
8:00pm	6:00 - 7:55P	ADULT OPEN		ADULT OPEN		(Full Gym)	
8:30pm		BASKETBALL	FUTSAL	BASKETBALL	VOLLEYBALL	6:00 - 9:55P	
9:00pm	FACILITY	(Full Gym)	(SOCCER)	(Full Gym)	(1/2 Gym)		FACILITY
9:30pm	CLOSES	7:30 - 9:55P	(Full Gym)	7:30 - 9:55P	7:30 - 9:55P		CLOSES
10:00pm	8:00P		7:30 - 9:55P				8:00P
		FACILITY CLOSES AT 10:00P MONDAY - FRIDAY					

## Key and Descriptions

OPEN = Open Gym (for all ages)

TOT = Tots and Parent Open Gym (FREE for Members)

ASF = After School Friends Pre-registered Program

HS/MS OPEN = High School and Middle School Open Gym

Futsal = Soccer Drop in for MS and HS Freshmen

FG = Family Gym (Parent/Guardian with child(ren) only).

Open Volleyball=Drop in program for Adults/High School Students

Adult Open Basketball 18+ and out of HS

Futsal =Soccer Alternative Drop In Program 16+

40+BB = 40 years of age and older ONLY Basketball

MCC PUMP = Pre-registered Fitness Class

KETTLEBELLS = Pre-registered Fitness Class

WORK the CIRCUIT = Pre-registered Fitness Class

BOOTCAMP = Pre-registered Fitness Class

TRX = Pre-registered Fitness class

Instr. Choice = Pre=registered Fitness Class

\*\*\*When 1/2 Gym is reserved/scheduled

the other 1/2 is Open Gym\*\*\*

MCC reserves the right to alter this schedule

Please call us or check the town web

for updates at [www.mansfieldcc.com](http://www.mansfieldcc.com)

### \*\*\*\*\*GYM RESERVED\*\*\*\*\*

2/1 - Birthday Party 11am -12pm

2/1 - Birthday Party 12pm - 1pm

2/28 - Quick Start Tennis Program

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